


**Thinking of getting pregnant?**  
Taking folic acid now can lessen your baby's  
risk of birth defects like spina bifida.

**How to Have a Healthy Baby:  
Tip #1**

Plan for a healthy baby before getting pregnant.

NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM




Folic acid helps prevent birth defects like spina bifida.




**For more information,  
call the  
Healthy Mothers/Healthy Babies  
Hotline at 1-800-862-1889.**

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